

Introduction: The Science and Power of Hope



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Well-Being In Practice

What is wrong with you?

Well-being is viewed as the reduction of adversity

- Depression/Anxiety
- Externalizing Behaviors
- Disengagement
- Emotional Dysregulation
- Etc.

What has happened to you?

Well-being is viewed from a client centered approach

ACE Categories

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



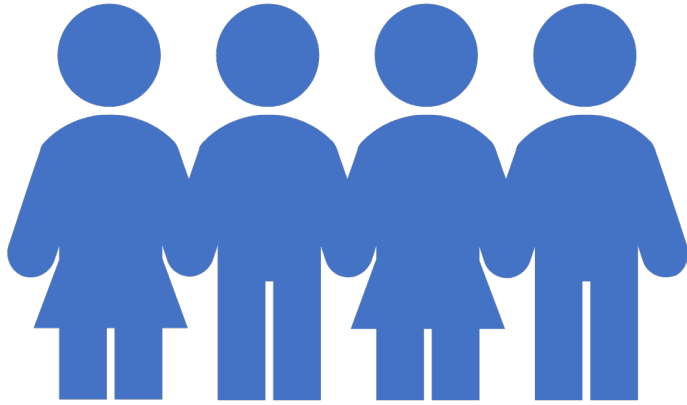
Divorce

Prevalence of ACE in US

ACE Score	CDC Findings
0	36.1%
1	26.0%
2	15.9%
3	9.5%
4+	12.5%

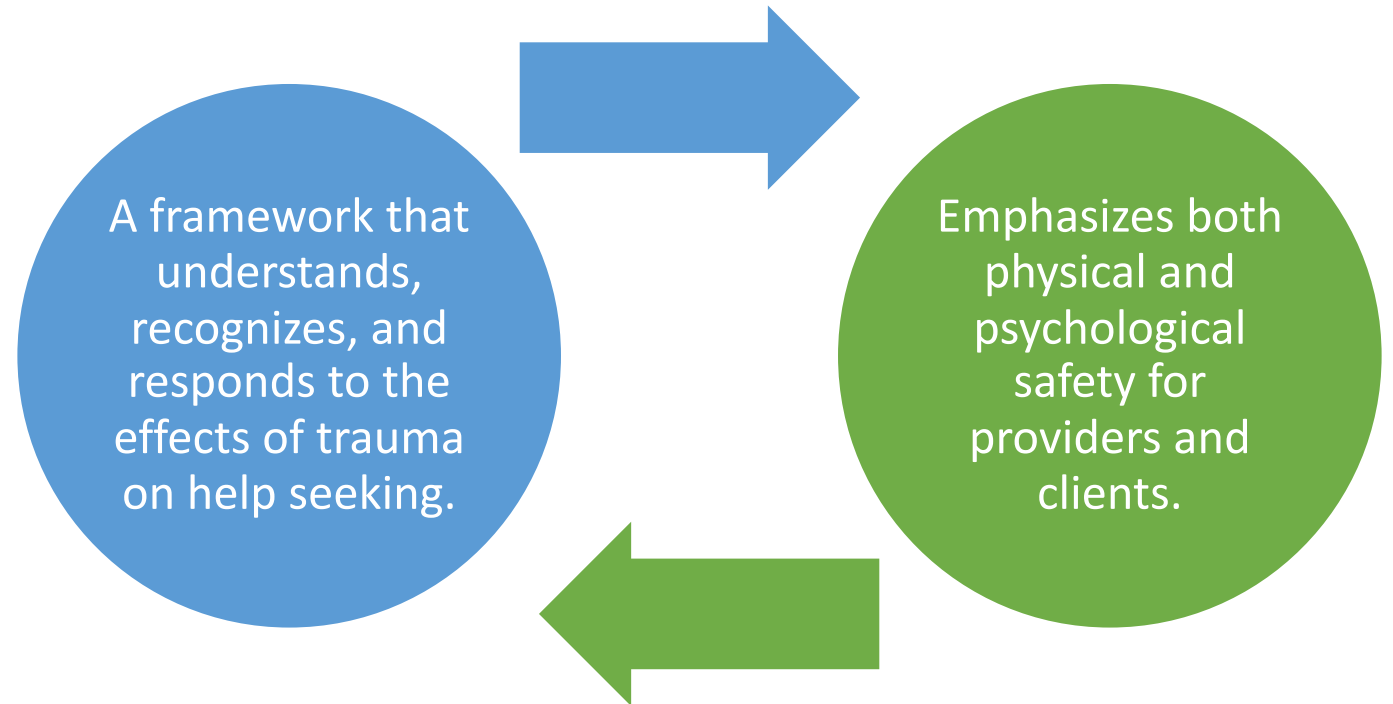
Average ACE = 1.61

Prevalence of ACEs?



- CDC National Data 1.61
- Children Exposed to DV 4.40
- Juvenile Offenders 4.29
- Foster Children 5.68

Trauma Informed Care





HOPE CENTERED AND TRAUMA INFORMED™





What is Hope?

Hope is the **belief** that your future will be better than today and **you** have the power to make it so.

The Simplicity of Hope

Goal setting is the cornerstone of hope.

Pathways refers to the ability to identify routes toward goals and to find new routes (problem solve) around obstacles if necessary.

Agency (Willpower) is the ability to sustain motivation to move along these pathways.

WHAT WE HAVE LEARNED

Goals: Cognitive endpoint of **purposeful** behavior.

- Achievement vs Avoidant?
- Short-term vs. Long-term

Pathways: Mental roadmaps to goal attainment.

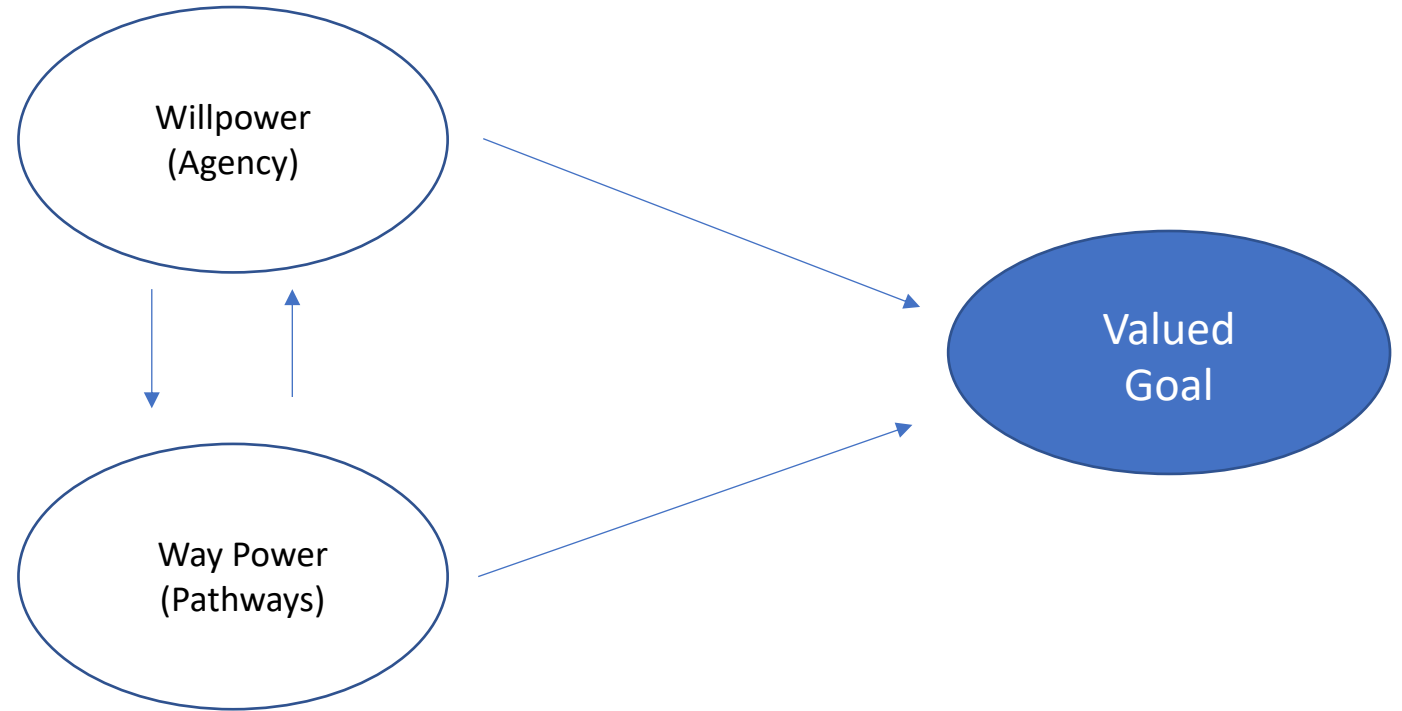
- Consider potential barriers with solutions.
- Identify multiple pathways.

Agency (Willpower): Mental energy to your pathway pursuits.

- Nutrition and willpower.



Tenets of Hope



...agency without pathways is a wish!

The Science of Hope



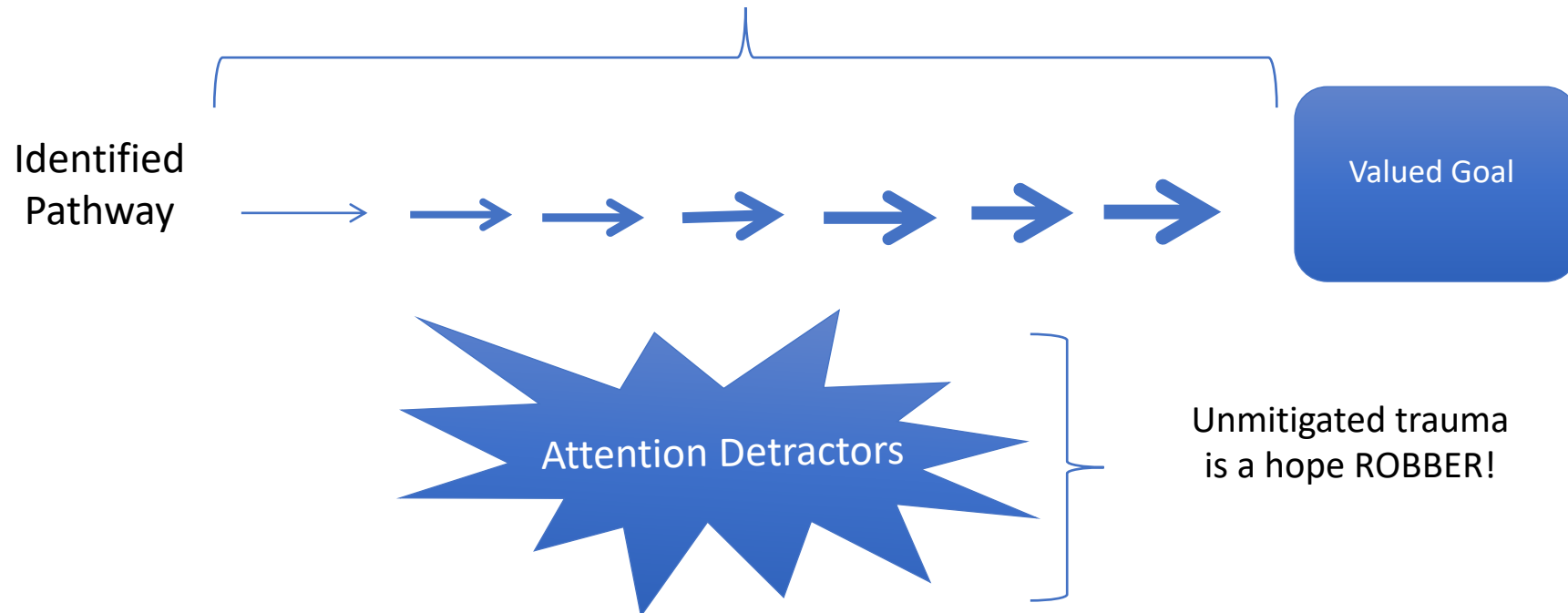
2,000 Published Studies

Hope is linked to positive outcomes and important assets:

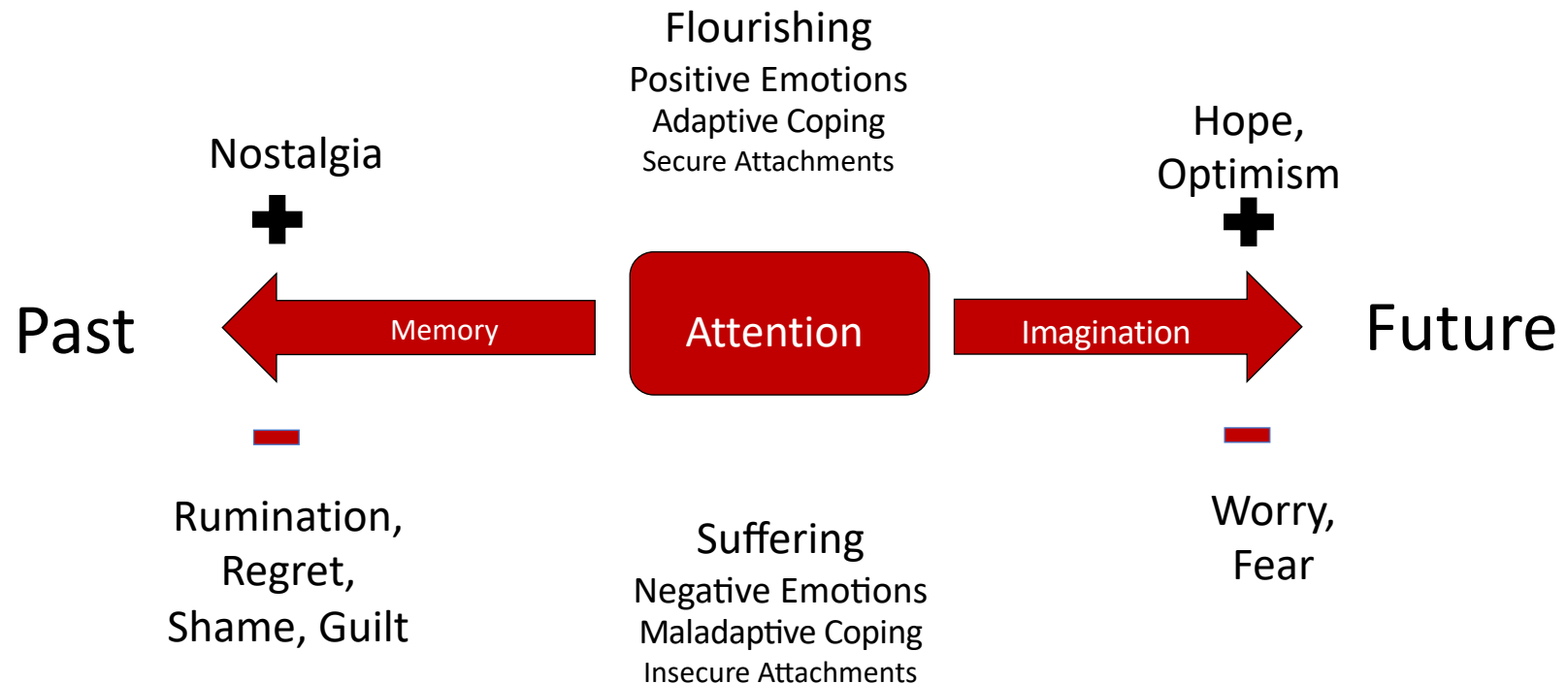
- Well-Being
- Education
- Health
- Performance
- Citizenship

The Experience of Hope

How well can you manage your willpower?



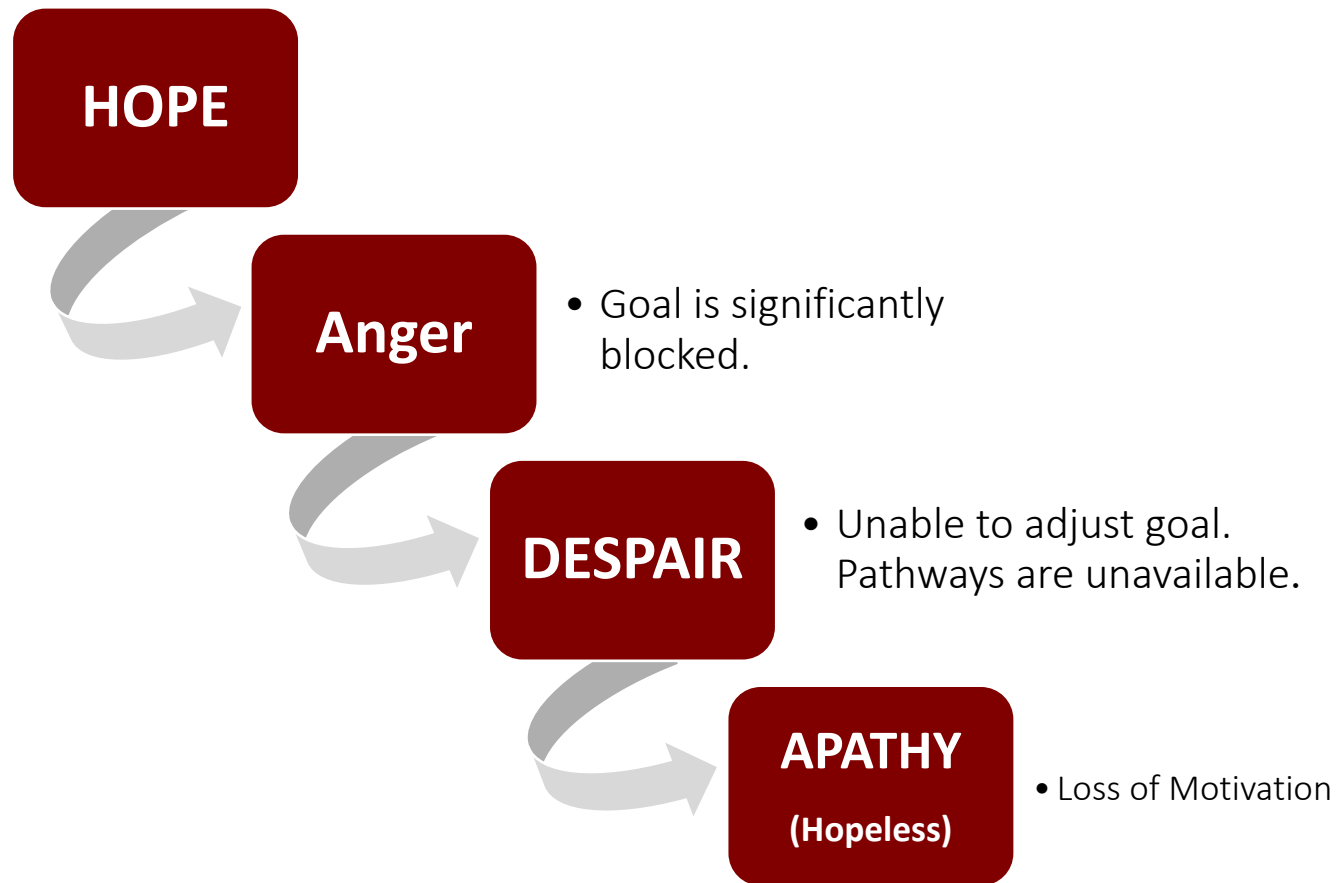
Where Do You Focus Your Attention (Willpower)?



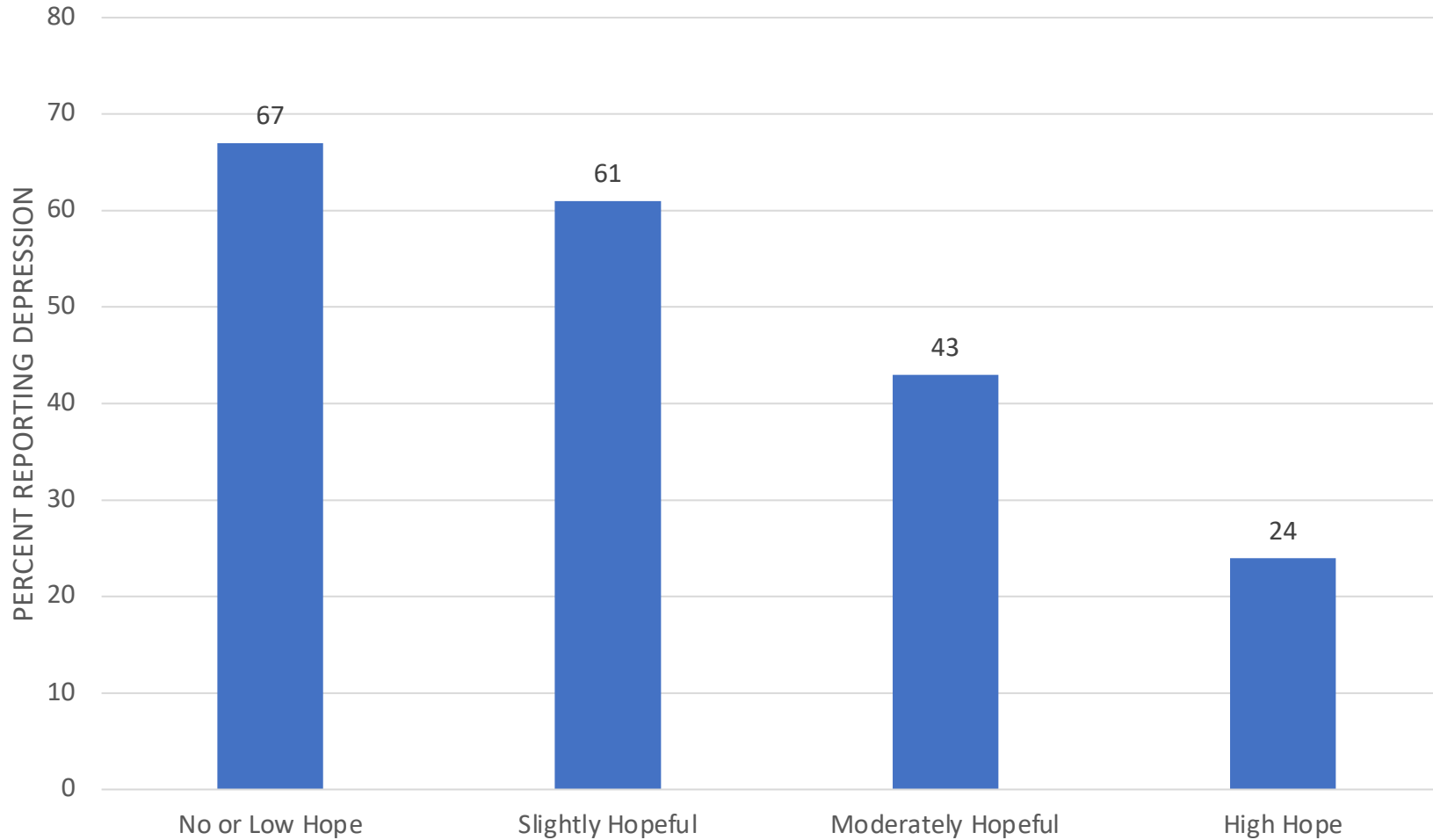


What is the opposite
of hope?

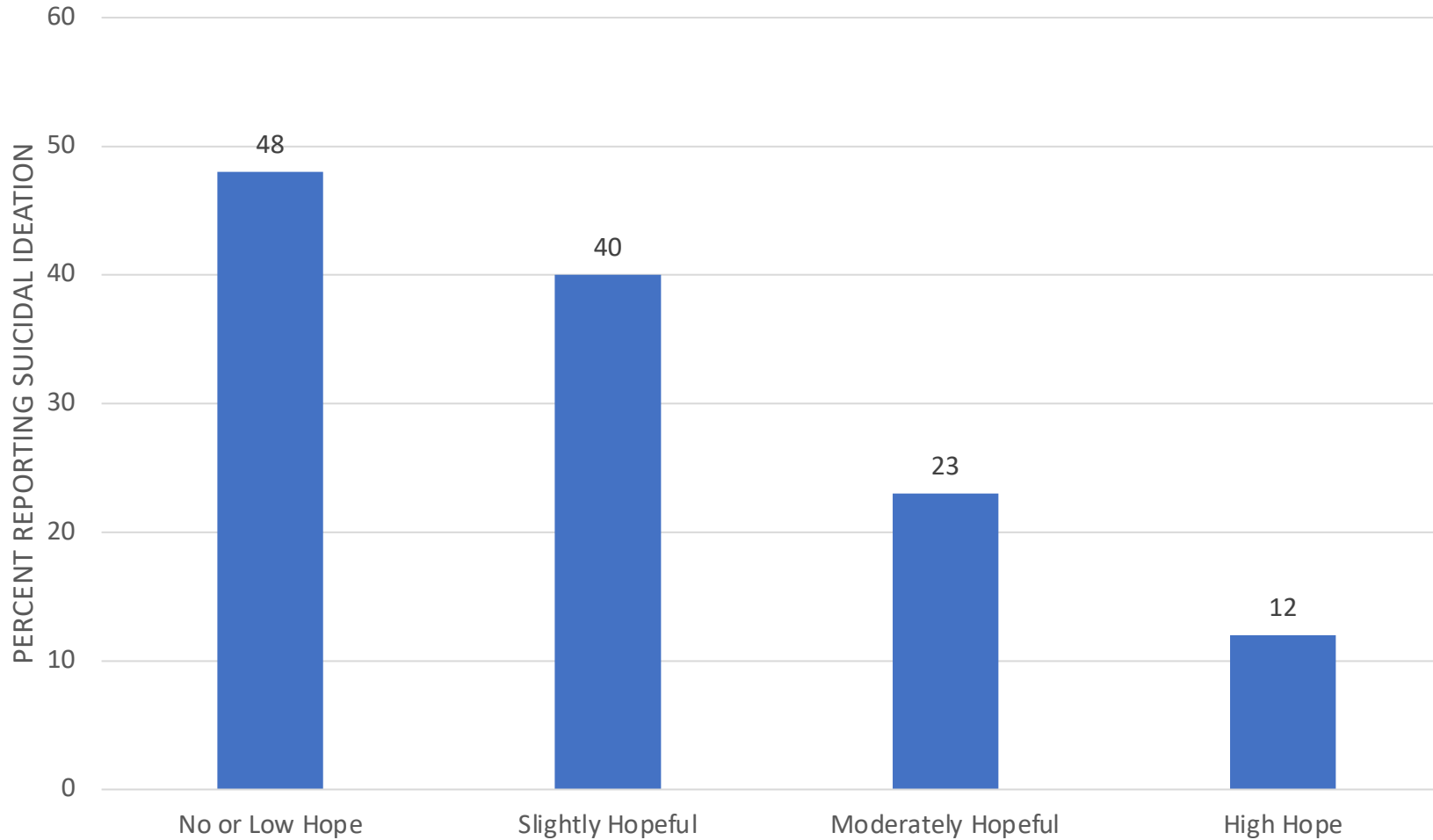
THE LOSS OF HOPE IS A PROCESS



Hope & Depression Among 8-12 Grade Youth(2018 HYS)



Hope & Suicidal Ideation Among 8-12 Grade Youth(2018 HYS)



The Power of Hope

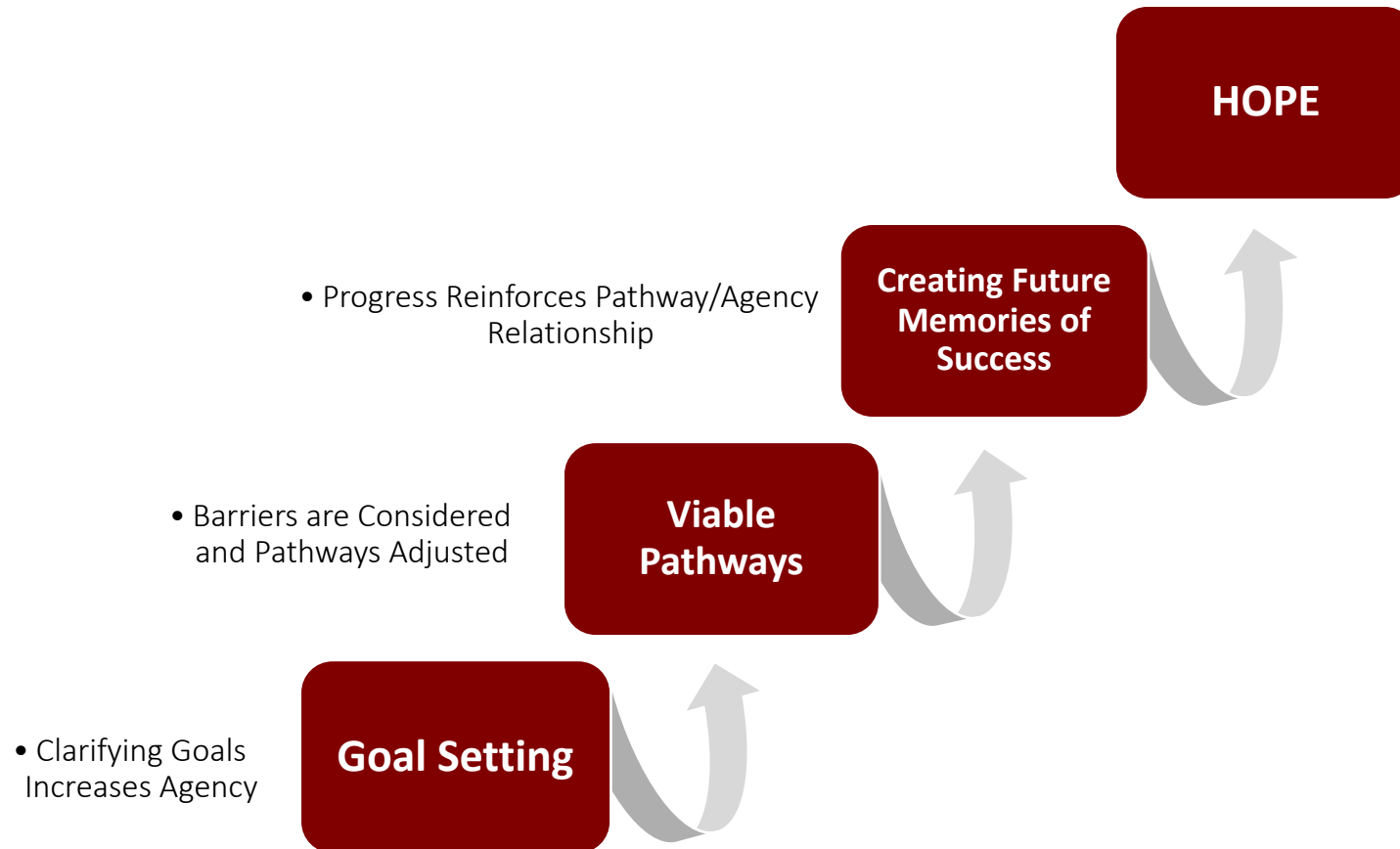


A black and white photograph of a child's silhouette holding a balloon in a tunnel. The child is standing in the center of a long, dark tunnel, holding a string attached to a dark balloon. A small butterfly is flying near the child. The tunnel's walls are textured and converge towards a bright light at the far end, creating a strong sense of perspective. The word "HOPE" is written in large, bold, capital letters across the middle of the image, partially overlapping the child's silhouette.

HOPE

HOPE CAN BE TAUGHT!

NURTURING HOPE IN CHILDREN AND ADULTS



Camp HOPE America and ACE

Prevalence of Adverse Childhood Experiences.

ACE Score	CDC Study (N=17,337)	Camp HOPE Children (N=180)
0	36.1%	5.6%
1	26.0%	13.9%
2	15.9%	12.8%
3	9.5%	12.2%
4+	12.5%	55.6%



The Average Number of ACE = 4.40*

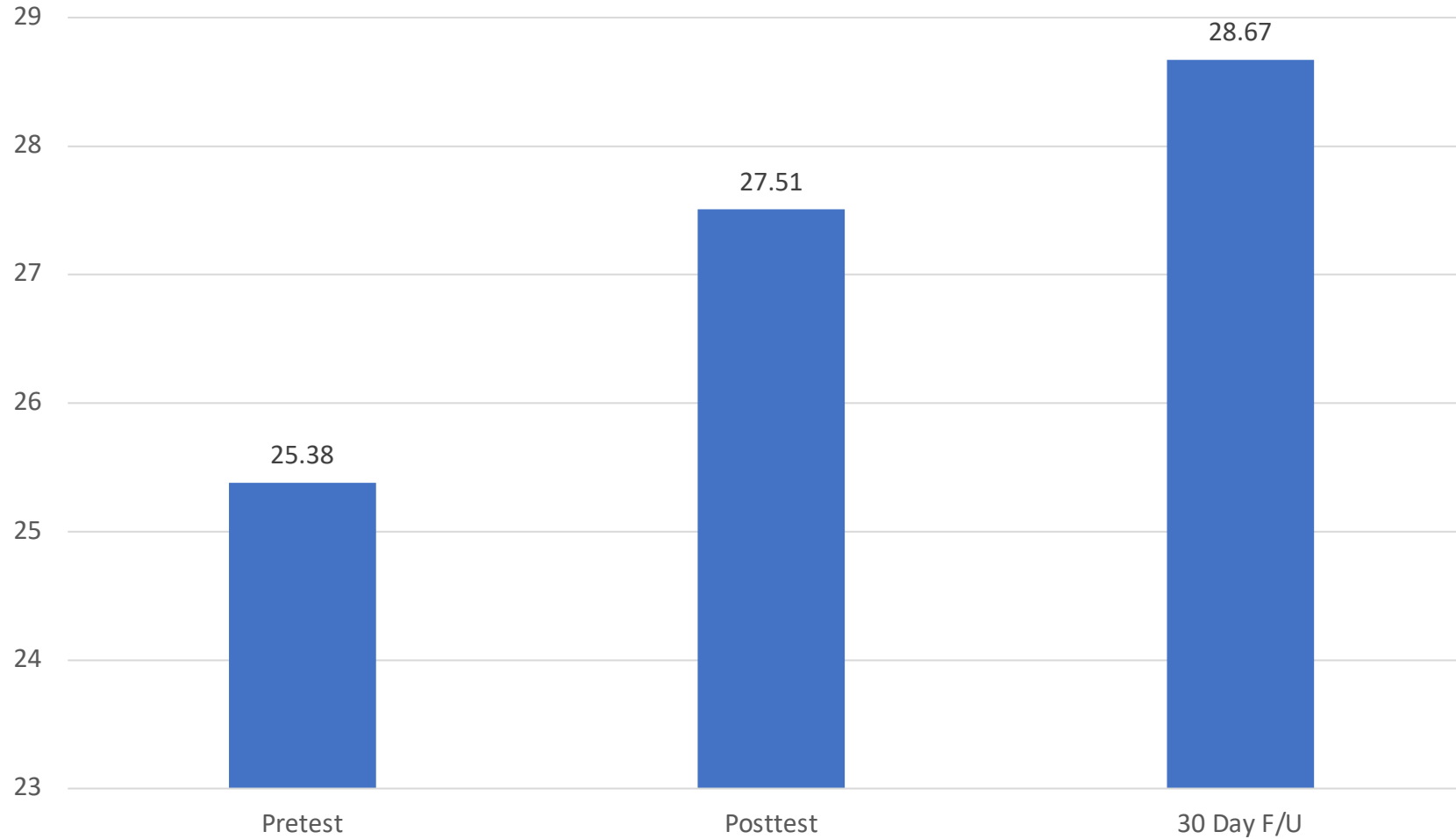
Camp HOPE America and ACE

Prevalence of Adverse Event by Type

	Percent		Percent
Abuse:		Dysfunctional Family	
Verbal	49.8	Witness Domestic Violence	77.9
Physical	38.6	Parent Divorce	41.2
Sexual	20.3	Substance Abuse	42.5
Neglect:		Mental Illness	38.5
Emotional	47.1	Parent Incarceration	44.7
Physical	17.9		

THE POWER OF HOPE

Changes In Hope Among High ACE Children



Strategies To Nurture Hope

Introduce Hope	Introduce the concept of hope and discuss its core components (distinguish wishful thinking).
Goal Setting	Help the student develop personally relevant goals.
Pathways	List and discuss potential pathways the client choose.
Willpower	Have student identify/describe sources of motivation.
Problem Solve	Identify and list obstacles.
Create Hope Visual	Create a Visual Map accessible for the reference.
Re-Goaling	Remember – We have the ability to re-goal.

Creating a Culture of Hope



Create an awareness of hope among stakeholders.



Hope becomes a valued character strength.



Readings – book clubs.



Staff meetings incorporate a hope agenda.



Hope Finding, Hope Building, Hope Modeling



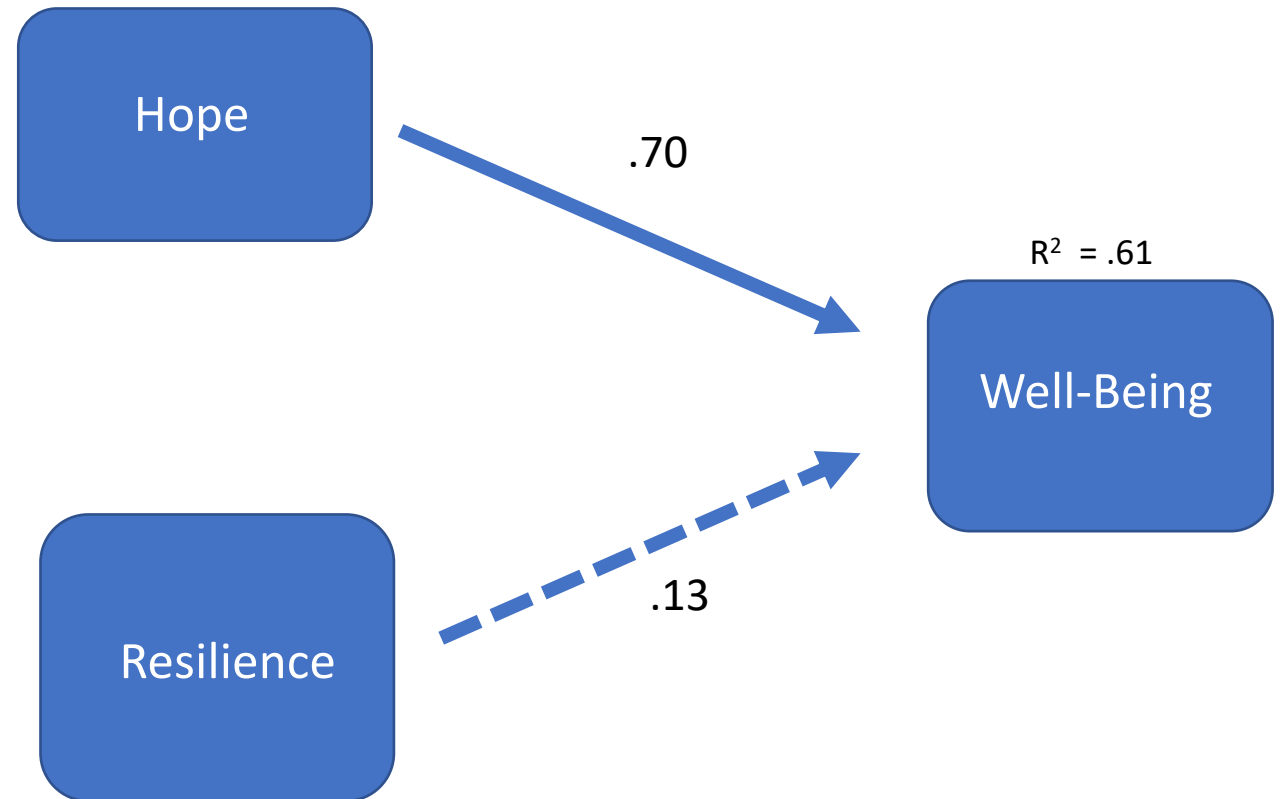
Develop hope orientation program.



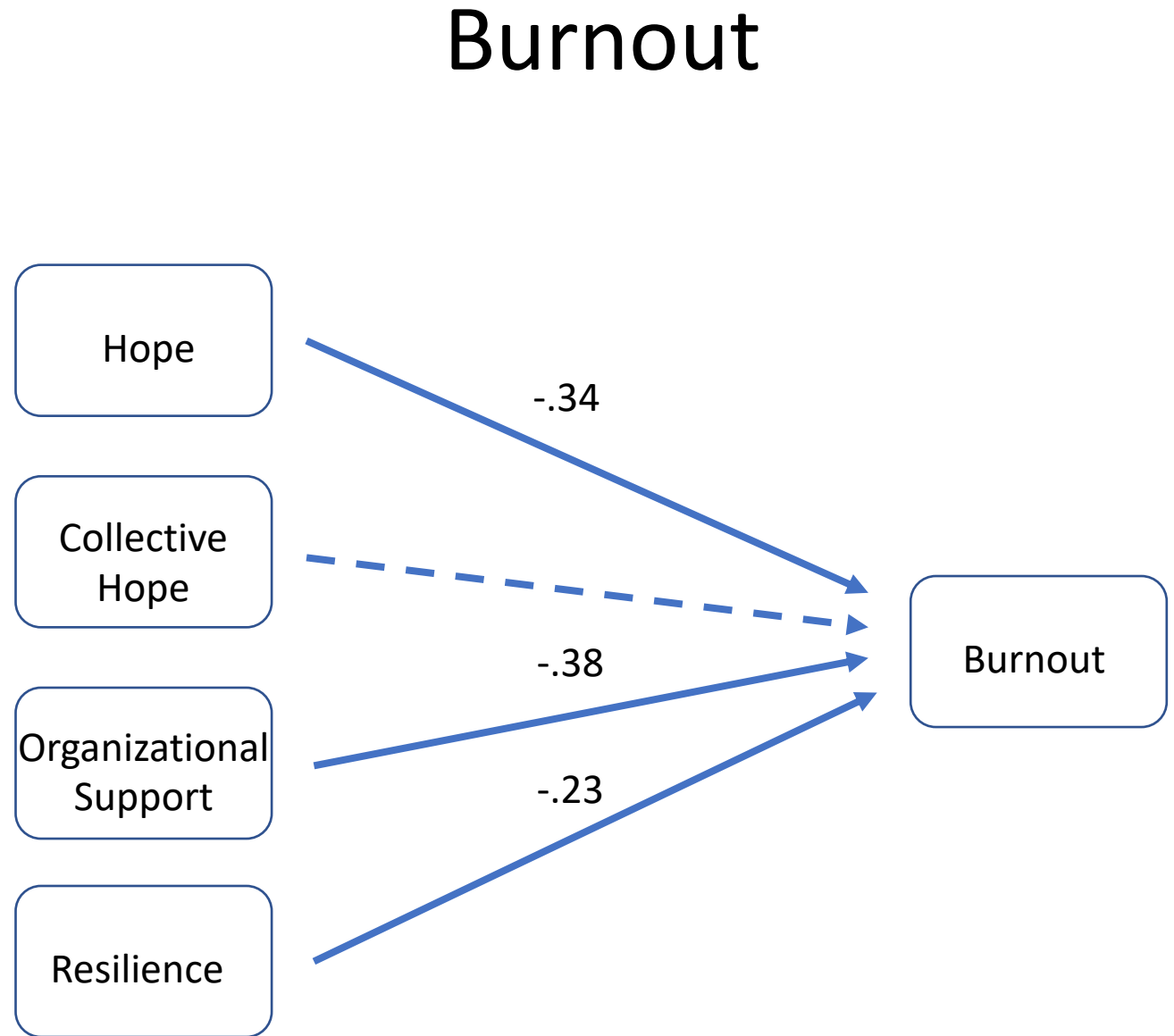
Impact of Hope On Direct Service Staff

Hope Vs. Resilience

Hope
Centered
Organization

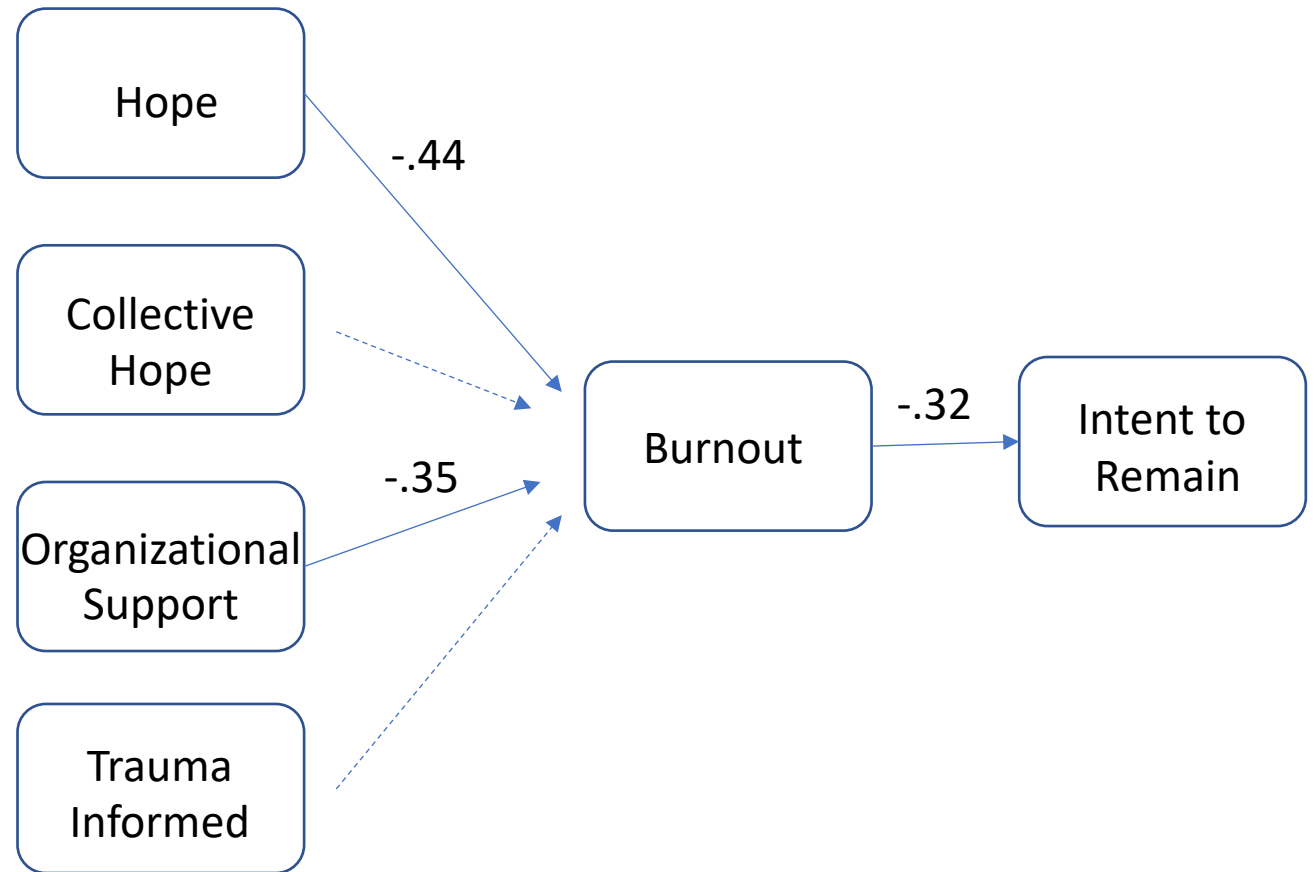


Hope Centered Organization



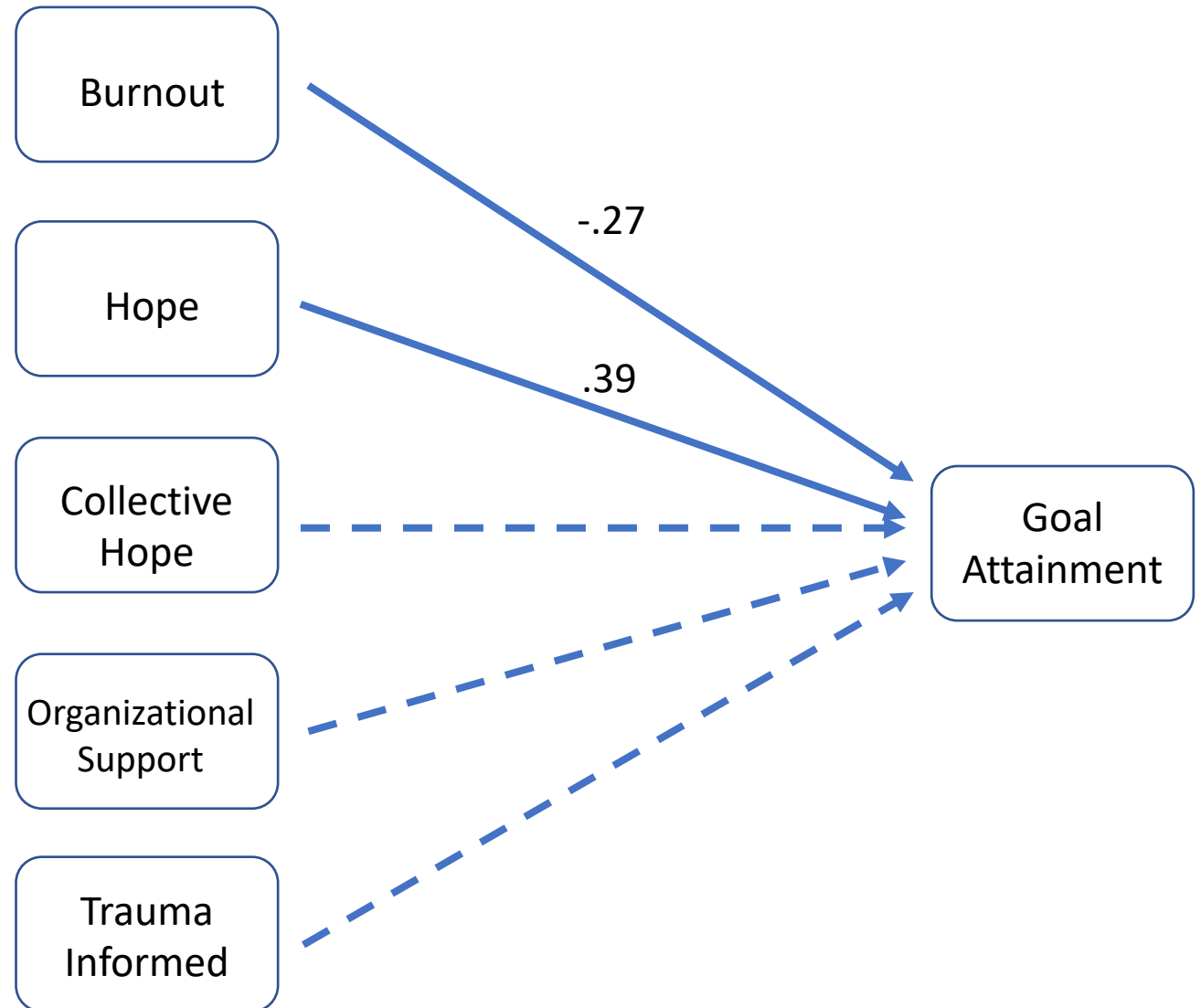
Hope Centered Organization

Turnover



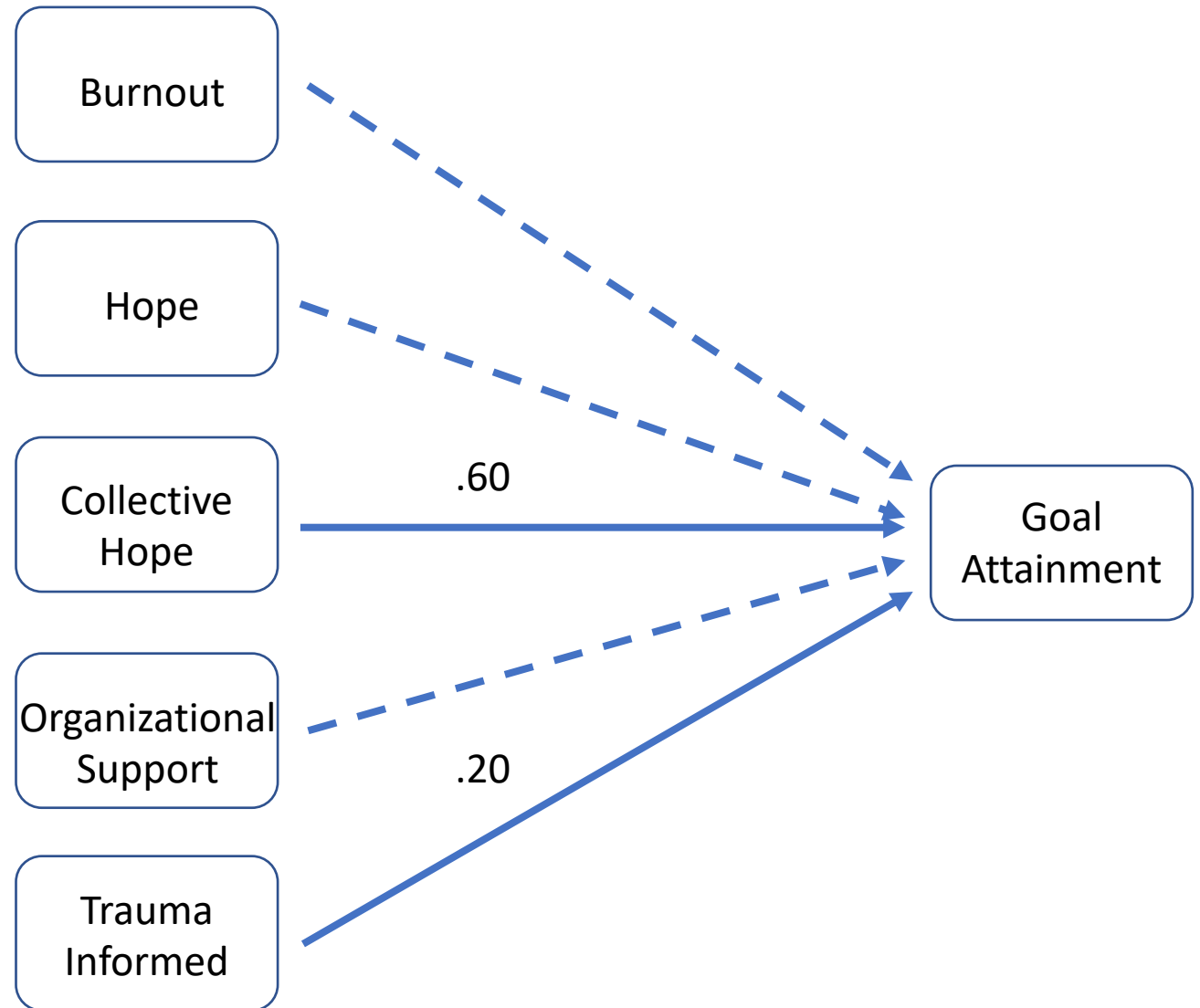
Hope Centered Organization

Personal Goal Attainment



Organizational Goal Attainment

Hope
Centered
Organization



Creating A Hope
Centered
Community

At the heart of change is our
ability to understand the way
things are right now in our lives...

... and that we can begin to
imagine the way things could be.

This is where hope is born.